



HOT YOGA

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MONDAY

18:00 – 19:00	Hot Yoga Flow	Shane
19:15 – 20:15	Hot Yoga Flow	Shane

TUESDAY

7:15 - 8:00	Hot Yoga Flow	Nicole
17:15 - 18:00	Express Core Flow	Catie
18:00 – 19:00	Hot Yoga Flow	Catie
19:15 – 20:15	Hot Yoga Flow	Catie

WEDNESDAY

7:15 – 8:00	Hot Yoga Flow	Eszter
10:00 - 10:45	Express Pilates	Goran
18:00 – 19:00	Hot Yoga Flow	Silvio
19:15 – 20:15	Warm Yin	Silvio

THURSDAY

7:15 – 8:00	Hot Yoga Flow	Nicole
13:05 - 13:50	Express Rocket	Kate Mc
18:00 – 19:00	Hot Yoga Flow	Mignon
19:15 - 20:15	Classic Hot Yoga	Jules

FRIDAY

7:15 – 8:00	Hot Yoga Flow	Jocelyn
17:15 – 18:15	Hot Yoga Flow	Catie

SATURDAY

09:30 – 10:30	Hot Yoga Flow	Allan
11:00 – 12:00	Hot Yoga Flow	Allan

SUNDAY

09:30 – 10:30	Hot Yoga Flow	Kasia
11:00 – 12:00	Hot Yoga Flow	Kasia
17:15 – 18:15	Warm Yin Yoga	Kate D

Please arrive on time for class. Late arrivals will not be admitted

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111 Rathmines Road Lower

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